

ASHBURNHAM COA NEWSLETTER

DECEMBER 2021

32 Main Street

Ashburnham, MA 01430

SENIOR CENTER HOURS: Monday through Thursday 9 AM – 2 PM. CLOSED ON FRIDAY
978-827-5000

DECEMBER

Calendar of Events

- **Painting class:** Mondays 12:30 – 2:30: Acrylic and watercolor. Come learn from each other.
 - **Card class:** 10:00 -12:00: Tuesday
 - **Pickleball:** Wednesdays 9:30 – 11:30 New player? Lessons 11:30am
 - **Line dancing:** Thursday 10:00 – 11:00
- **December 6, Monday** 12pm Forever Young Club is hosting a Christmas concert with "Take Jazz" Light lunch provided.
- **December 7, Tuesday, 11:00** Top 12 magical Christmas Towns & Light display
- **December 9 and/or 16, Thursday at 11:00** Wood Painting ornaments class

Special Thanks:

Thank you, Michele Morin, for our armchair travel trips. We revisited Germany to accommodate those who missed the original journey. Waterfalls and Wineries was a wonderful visit to all our local wineries. Thank you, Nashoba Nursing and Board of Health staff for coming to do blood pressure clinic and extra flu shots for those who missed the health fair.

TRANSPORTATION

Vans are extremely busy doing runs to medical appointments and shopping to Gardner and other local towns. Please call ahead to schedule a pickup. We can also arrange medical trips to hospitals and medical centers in Worcester.

Thursdays are special shopping trips to Athol: Market Basket, Hobby Lobby. Bring a friend and have some fun. Assistance with loading and unloading packages will be available. Monday Walmart trips. Masks are required on vans. MART has implemented a new software program called Qryde. **Please bear with us as we learn this new system. Both dispatch and drivers are learning a new way of booking and documenting rides. For those of you who know how to use a computer, phone, or tablet, you know how frustrating it can be to learn something new on these devices.**



<p>COMMUNITY SERVICES AND INFORMATION</p> <ul style="list-style-type: none"> • SHINE: Counselor available. Call senior center to make appt or discuss over the phone with Shine counselor. • Community Legal Aid of Central MA Free 855-252-5342 or www.communitylegal.org • Food Stamp Program (SNAP) - 978-665-8700 • Fuel Assistance 978-342-4520 (NEFWC); 978-342-9407 (Salvation army); 877-563-4645 (Joe for Oil). • MEALS ON WHEELS is offered Monday, Wednesday & Thursday. Call 978-345-8501 Ext #2 to sign up. <p>Central MA Agency on Aging 508-852-5539</p> <p>FREE MEDICAL EQUIPMENT LOANS</p> <p>CALL OR VISIT THE COA FOR AVAILABILITY. Depends, canes, commode, walkers, etc...</p> <p>HAVE QUESTIONS ABOUT MEDICARE COVERAGE? INSURANCE NEEDS?</p> <p>MEET (OVER THE PHONE) WITH SHINE COUNSELOR TO GET YOUR QUESTIONS ANSWERED. 978-400-0690.</p> <p>Did you know....</p> <p>Respite and trial stays are offered at almost all assisted living communities, pending availability. Every community is different, but it is common for a trial stay to have a 30-day minimum.</p>	<p>COA DONATIONS</p> <p>The Senior Center has a VERY tight budget. So, any financial support will go a long way!</p> <p>How to Donate:</p> <p>We are often asked how folks can donate to the COA. Interested parties can make a check out to the <i>Town of Ashburnham</i> and include a note that indicates that you would like your donation to go to the <i>COA donation Account</i>. Your donation can be dropped off at our offices located in the Town Hall or mailed to: 32 Main Street, Ashburnham, MA 01430 Attn: COA Donation Account Your donation is considered tax deductible.</p> <p>A Gift in Your Will</p> <p>I give and bequeath to the Town of Ashburnham-COA Donation Account in Ashburnham, Massachusetts the sum of \$ _____ or _____ % of the rest, residue, and remainder of my estate to be used for the benefit of the seniors of Ashburnham, Massachusetts.</p> <p>~~~~~</p> <p>In-House Donation request</p> <p>If you are interested in donating to the senior center, we are in need of water (jugs or bottles), paper plates (large & small) and of course.... coffee & creamer! Thank you!</p> <p>New: Puzzles, board games, a full closet of gently used clothing, all sizes, men & woman, and seashells for decorating. We have a few shelf-stable food items left so come on down!</p>	<p>COA Board</p> <p>Next meeting Monday 2/14/21 at 11:00. We welcome our newest members Richard Nyman and Paula Gorrell.</p> <p>SHRINER'S HOSPITAL</p> <p>We have a wonderful volunteer, Dan, who drives to Shriner's hospital to drop off can tabs as a donation to the children of Shriners. Do not throw those can tabs away. Dan comes monthly to pick up and drive to Shriners!</p>  <p>FILE OF LIFE</p> <p>Pick up your updated file of life cards today to place in your home and vehicle.</p> <p>STAMPS</p> <p>Do you need stamps? We have envelopes you can place in your mailbox, and the post office will deliver your stamps directly to you.</p> <p>Friends of the COA (Council on Aging) is a 501C3 non-profit group which raises funds and provides financial assistance for both regular and special programs offered at the Senior Center. I am seeking a committee who is willing to start this group. We need your help 😊</p>
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The council on Aging and the Stevens Memorial Library will be collaborating to learn the interests of the public. What programs can we offer you? Please call the library at 978-827-4115 or the Council on Aging at 978-827-5000 with your suggestions.

HOW TIMES HAVE CHANGED...

1939: Franklin D. Roosevelt becomes the first incumbent President to appear on television when he gives the opening address at the New York World's Fair.

Also at the Fair, the first television sets for sale to the American public are exhibited by RCA.

1941: CBS and NBC are granted the first commercial television licenses for their New York stations on the same day so neither network can claim to be the "first."

By 1945, fewer than 7,000 TV sets are in American homes and there are only nine broadcasting stations. They are in New York City (3 stations), Chicago (2), Los Angeles (2), Philadelphia (1), and Schenectady, NY (1).

Faraway Hill is the first soap opera to appear on television on the short-lived Dumont network (1946-1956).

NBC broadcasts the first sports special extravaganza. It is the heavyweight-boxing match between Joe Louis and Billy Conn at Yankee Stadium. Louis would win by a knockout in the 13th round.

1947: Baseball's World Series is televised for the first time. The New York Yankees defeat the Brooklyn Dodgers four games to three. The series features Dodger Jackie Robinson, the first black major league player.

Kukla, Fran & Ollie premieres on a local Chicago station as *Junior Jamboree* (it is picked up by the NBC network in 1948 and its name changed to KF&O). It is the first show to telecast from ship-to-shore and the first color television broadcast of a network program.

Mary Kay and Johnny is the first series to show a married couple sharing the same bed. It would be two decades before married couples were again shown sleeping in the same bed. (*The Adventures of Ozzie and Harriet*, *The Brady Bunch*, *The Munsters*, and *The Flintstones* will all lay claim to breaking the separate beds doctrine.) **1948:** The first cable TV systems (CATV) are started in Oregon and Pennsylvania. Their television signals can only be received by homes that are in the "line-of-sight" of the originating broadcast antenna.

1949: *Captain Video and His Video Rangers* is the first science-fiction series on television. The children's show has a props budget of \$25 per episode.

1950: *The Faye Emerson Show* has the first live-television wardrobe malfunction occur when the talk show hostess's unencumbered breasts pop free of her low-cut dress.

The Hank McCune Show uses a laugh track for the first time on an American television series.

The Cisco Kid, starring Duncan Renaldo and Leo Carrillo, is the first syndicated TV series hit and the first non-network show produced in color.

1951: *Amos 'n' Andy* is the first TV series to be filmed with 35mm cameras.

I Love Lucy premieres. Its stars — Lucille Ball, Desi Arnaz, Vivian Vance, and William Frawley — will become TV legends. It will be the first series to end its run (in 1957) as the #1 rated show on the air, the first to be filmed on 35mm cameras in front of a live studio audience, and Arnaz as the "I" in *I Love* becomes the first Hispanic TV star on network television.

1952: The first early morning network news show, NBC's *Today*, premieres with host Dave Garroway and a chimpanzee named J. Fred Muggs.

1953: *Dragnet* is the first series whose theme song is on the *Billboard* Top 60 pop chart. It peaks at the Number Three spot.

1954: *The Marriage* is the first network series to be broadcast solely in color. (It had no previous black-and-white episodes.) It starred Jessica Tandy and Hume Cronyn.

Captain Kangaroo, with Bob Keeshan as the Captain, premieres. It is the first network-produced children's show.

Directors Note:

Many have asked that silver sneakers return. As much as I would love that, we do not have the budget for it this year. BUT other senior centers are using the internet! The Gardner Rehab Center is donating a television and the town may be supplying the COA with a used chrome book. We may have to buy a firestick, but with the new “gadgets” and Michael's technological expertise, we can YouTube silver sneakers, tai chi, Zumba, and the list goes on. As a group we can choose videos the week before or prepare our exercise of choice for the month. Some of these YouTube videos are a riot! We will all be together and getting fit as a group. Ideas are welcome!

